



Menu for week of March 11-15

Managed by CulinArt Group, St. Francis Preparatory is open for
Breakfast 7:15-10:15AM | Lunch 11:45 AM -3.00PM

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MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL VEGETARIAN VEGAN

DAY	ITEM	DESCRIPTION	DIETARY
MONDAY	WAKIN' UP	Cinnamon Raisin Oatmeal	
	CHEF'S TABLE	Meatballs with Marinara Sauce	
	SIDES	Buttered Corn Pasta Ziti	
	WRAPS WITH A TWIST	Roast Beef, Cheddar Cheese, Roasted Red Peppers, Lettuce & Tomato with Honey Mustard Dressing	
	PIZZA VILLAGGIO	Fresh Tomato, Mushrooms & Green Peppers	
	JUMP ASIAN EXPRESS	General Tso Chicken – Sesame Beef – Tofu & Hunan Vegetables	
	CITY GRILL	BBQ Chicken with Mozzarella Cheese on Hero	
QUICK PIK	Fiesta Black Bean & Sweet Potato Salad		
TUESDAY	WAKIN' UP	WHOLE FOOD BOWLS PROMOTION Eggs, Bacon, Swiss Cheese Wrap	
	CHEF'S TABLE	Broccoli & Couscous Tofu Bowl	
	SIDES	Honey & Apple Cider Glazed Tofu, Steamed Couscous, Lemon & Olive Oil Sauteed Broccoli, Cherry Tomatoes with Hard Boiled Egg & Lemon Herbed Tahini	
	WRAPS WITH A TWIST	Grilled Chicken, American Cheese, Roasted Red Peppers, Olives with Honey Mustard Dressing	
	PIZZA VILLAGGIO	Ham & Cheese Calzone	
	JUMP ASIAN EXPRESS	Honey Lemon Chicken – Pepper Steak – Stir Fry Vegetables	
	CITY GRILL	Philly Cheese Steak	
QUICK PIK	Classic Turkey Cobb Salad		
WEDNESDAY	WAKIN' UP	WELLNESS WEDNESDAYS PROMOTION Pancakes	
	CHEF'S TABLE	Lime Shrimp Tacos	
	SIDES	Scallion Greek Yogurt Sauce, Tomatillo-Green Chile Salsa & Pico de Gallo	
	WRAPS WITH A TWIST	Salami, Provolone, Jalapenos, Lettuce & Tomatoes	
	PIZZA VILLAGGIO	Chicken Parmesan	
	JUMP ASIAN EXPRESS	Chicken Broccoli – Hunan Beef – Sesame Vegetables	
	CITY GRILL	Double Cheese Burger	
QUICK PIK	Lentil-Sweet Potato Salad with Cranberries		
THURSDAY	WAKIN' UP	ST. PATRICK'S DAY PROMOTION Cinnamon French Toast	
	CHEF'S TABLE	Corned Beef	
	SIDES	Boiled Cabbage Boiled Potatoes	
	WRAPS WITH A TWIST	Ham, Turkey, Muenster Cheese, Cucumbers, Lettuce & Tomatoes with Ranch Dressing	
	PIZZA VILLAGGIO	Cheese Burger	
	JUMP ASIAN EXPRESS	Stir Fry Chicken – Teriyaki Beef – Szechuan Vegetables	
	CITY GRILL	BBQ Chicken with Cheddar Cheese on Hero	
QUICK PIK	Luau Salad with Ginger & Brown Sugar Chicken		
FRIDAY	WAKIN' UP	FISH FRIDAYS PROMOTION (No Meat Will Be Served) Eggs, American Cheese, Salsa, Onions & Peppers Wrap	
	CHEF'S TABLE	Flounder Tender Wrap	
	SIDES	Avocado, Cole Slaw, Leaf Lettuce, Chipotle Aioli Tortilla	
	WRAPS WITH A TWIST	Tuna Vegetable with American Cheese	
	PIZZA VILLAGGIO	Spinach & Cheese Roll	
	JUMP ASIAN EXPRESS	General Tso Shrimp – Sesame Tofu – Teriyaki Vegetables	
	CITY GRILL	Grilled Cheese	
QUICK PIK	Greek Village Salad		

*** Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.**